

# WORKSITE WELLNESS NEWS

VOLUME 7, ISSUE 12

AUGUST 4, 2015

## Health Assessments Planned for Fall

### SPECIAL POINTS OF INTEREST:

- **Health Assessments Coming Soon!**
- **Immunization Awareness Month**

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The City of Bryan's Healthy Lifestyles Program offers employees reduced health insurance premiums for participating in an annual Health Risk Assessment and Biometric Screening. Risk Management will begin conducting meetings this month with each department to discuss the program and to distribute packets. Check with your Supervisor to see when your departmental meeting will be. Screenings will be held onsite again this year at several locations for your convenience. You may also have your screening completed through your personal physician or at the City of Bryan Employee Health Center by appointment only.

### On-Site screenings will be held:

**October 15th –BTU Distribution (7:00-9:00am)**

**October 20th & 21st– MSC Training Room (6:30-8:30am)**

**October 22nd & 23rd–MOB Basement Training Room (7:30-9:30am)**

You will have an opportunity to sign up for an onsite date at your department meeting.

### What tests will be done?

Blood Pressure, Total Cholesterol, HDL, LDL, Triglycerides, Glucose, Height & Weight.

*(Values reported July 1, 2015 and after will be accepted)*

## August is National Immunization Awareness Month

We all need shots (also called vaccinations or immunizations) to help protect us from serious diseases. Shots can prevent diseases like the flu, measles, and pneumonia. It is important to know which shots you and your family members need and when to get them. Everyone age 6 months and older needs to get a flu vaccine every year. Other shots work best when they are given at certain ages. Visit the vaccine schedule links below and talk to your medical provider to make sure everyone in your family gets the shots they need.

- If you have a child age 6 or younger, click [here](#) to find out which shots your child needs.
- To find out which shots adults and teenagers may need, click [here](#) to take the vaccine quiz.
- Click [here](#) to view the adult immunization schedule.
- If you are pregnant, [check out this recommended immunization schedule](#).



Source: <http://healthfinder.gov>



# Healthy Back to School Habits

It's back to school time again! From packing healthy lunches to fitting in family physical activities, you can keep your kids on the right track this school year with these simple tips.

## Eat Right

Learn the ABCs of saving calories and money when you shop for groceries to pack your kids' lunches.

**Always** use ads and store bonus cards, which may offer discounts on healthy foods like fruits and veggies.

**Buy** produce in season to cut costs.

**Compare** brands and package sizes to find the best buy. Be sure to read the nutrition label to choose foods with lower numbers of calories, saturated and trans fats, sodium, and sugar.

## Get Active

Kicking off the school year can be a busy time, leaving little room for physical activity. These three steps can help you find time to be active as a family.

1. **Keep track** of how your family spends time for one week.
2. **Start small.** Find two 30-minute time slots when your family can be active together after school or on the weekends.
3. **Get going.** Try these great tips.
  - Walk your kids to school
  - Ride bikes after dinner
  - Play baseball
  - Jump rope
  - Walk the dog

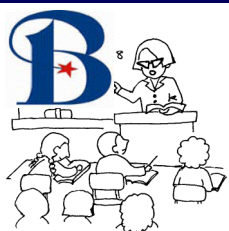


## Reduce Screen Time

Kids spend a big part of their day sitting in the classroom, so help your child spend less time in front of the TV, computer, and video games while at home. Try these tips:

- **Turn off the TV** during mealtime and talk with your children about what they learned in school that day. Families who eat together tend to eat healthier.
- **Limit screen time** to two hours or less each day.
- **Suggest playing outside** after school.
- **Be a good role model.** If you reduce your screen time and move more, your kids will too!

Source: <https://www.nhlbi.nih.gov/>



## CPR, First Aid & Defensive Driving Classes

### CPR & First Aid-First Time

August 21st

8am-3pm at the MSC

### CPR Renewal

August 21st

3-5pm at the MSC

### Defensive Driving

August 20th

8am-4pm at the MSC

To register for a class, click [here](#).

Full CPR courses must have a minimum of four participants to make.

# Know Your Benefits

## Did you know?



### Your EAP Offers Free Financial Resources.

If you have questions about a financial issue, speaking with a financial expert can help. Your Employee Assistance Program (EAP) provides you with free consultations with financial experts on everything from credit and debt, to purchasing a home, or saving for retirement. Experts are available without an appointment during regular work hours, and by appointment on Saturdays. Your EAP also offers a full selection of financial articles, tip sheets, financial calculators, and other tools to help you get answers you need.

#### Available Features:

- Free consultation with an Accredited Financial Counselor
- Articles, worksheets and other educational resources
- Free online credit monitoring
- Online financial calculators and do-it-yourself tools
- ID theft prevention and recovery services



#### CONTACT YOUR EAP TODAY:

**(866) 327-2400**

[www.deeroaks.com](http://www.deeroaks.com)

[eap@deeroaks.com](mailto:eap@deeroaks.com)

If you have any other benefit related questions, contact Florencia Galaviz at 209-5053 or email [fgalaviz@bryantx.gov](mailto:fgalaviz@bryantx.gov)



Open Monday-Friday 8am-5pm

(closed from Noon-1pm & on City holidays)

\*last patient accepted at 11:30am and 4:30pm daily

Walk-ins accepted from 9-10:15am (acute illnesses only)

Call 979-821-7690 for an appointment!

If you have wellness related news to share with others and would like to have it spotlighted in our next newsletter, please feel free to submit it to:

Lesley Ward

Wellness Coordinator

979-209-5050

[lward@bryantx.gov](mailto:lward@bryantx.gov)

<http://wellness.bryantx.gov>